Goodnight Affirmations What

To Say Before You Sleep

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Destiny S. Harris

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3: I moved forward today. 12

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5: I will be kinder tomorrow. 14

6: I will be more patient tomorrow. 15

7: I will be more loving tomorrow. 16

8: I plan my tomorrow, today. 17

9: I know what my goals are daily. 18

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Hello Reader,

Enjoy 100 affirmations focused on sleep, rest, relaxation, accomplishing goals, making your dreams a reality, relationships, family, stress-relief, and more, all to promote a good night and a good tomorrow.

Make it a habit to speak these affirmations aloud at least once daily or throughout the day. Be sure when you speak these affirmations you couple it with *immediate action* and *feeling*.

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